

Case Study on the Complications of Diabetes- Awareness

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Abstract

Objective: To find out awareness of different complications of diabetes among diabetic patients. **Methods & Patients:** It is a cross section, hospital based study. A questionnaire was prepared. Randomly selected patients were requested to fill that form. **Result:** Awareness about involvement of eyes, coronary artery, stroke, kidney and neuropathy were in 65.9%, 83.5%, 15.4%, 74.7% and 64.8% respectively. Last blood sugar was 301 to 400 mg% in 28.5% patients. Sixty eight percent of our patients were not doing any physical activities (exercise or walking). 54.9% of our patients aware that they should visit ophthalmologist even if blood sugar is control. **Conclusion:** Although most of patients aware about the disease and its complications but their blood sugar was poorly control and they are not performing physical activities. So we should have program to educate patients in this regard.